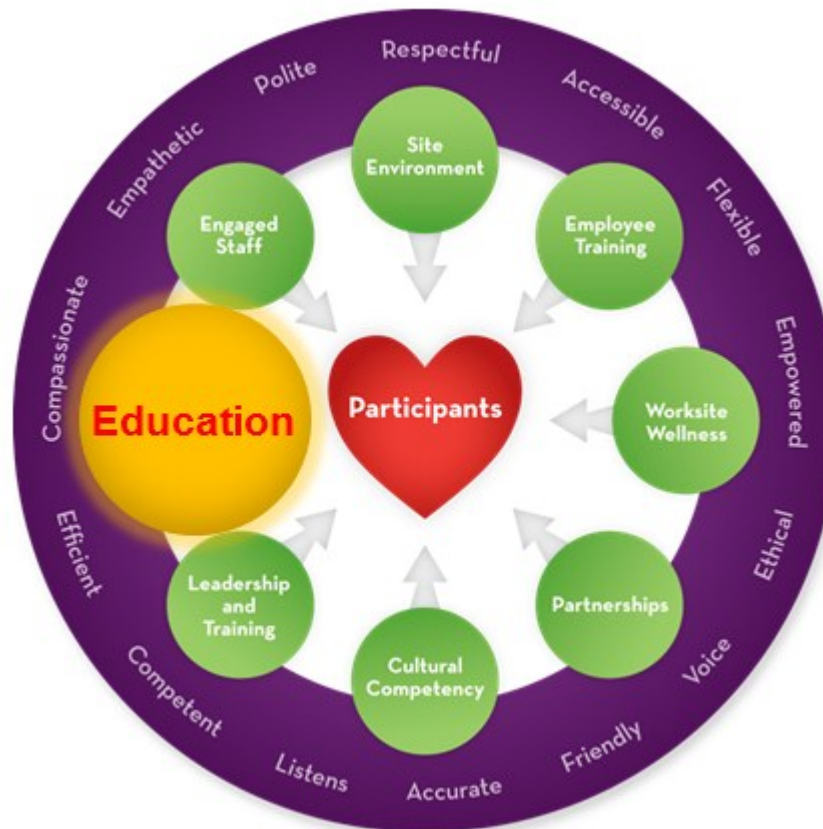


# Choose a Topic Together

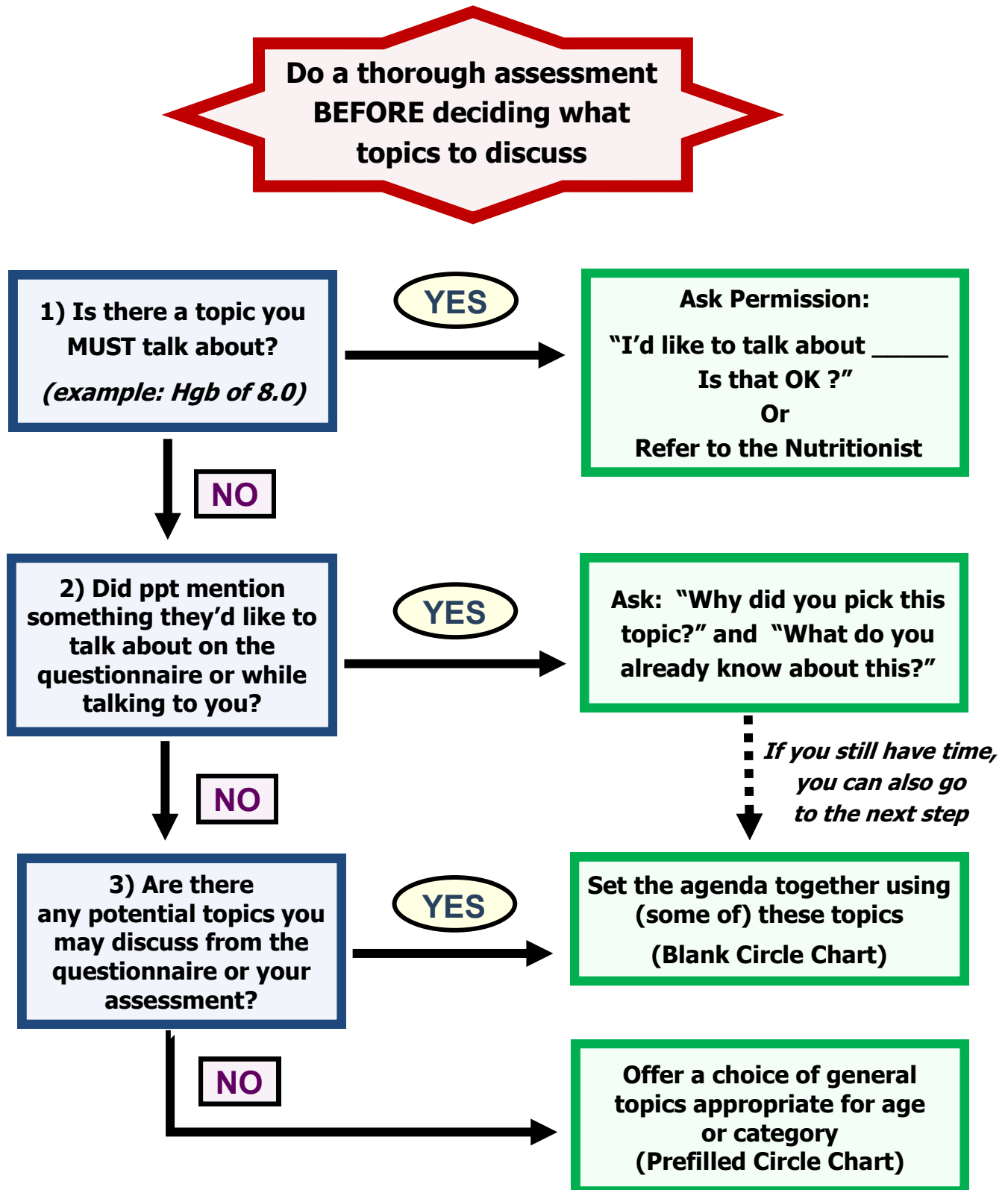
## Participant Centered Education

### Trainee Workbook



## Activity 2

### Choose a Topic Together: How to Decide What to Talk About



## Activity 3

### How to Use a Circle Chart

#### 1. FILL it

3-6 topics based on the questionnaire, your discussion, and any other information

#### 2. EXPLAIN it

*"Here are some topics we might discuss today (**read** each topic and **point** to it): Healthy Snacks, Fruits and Vegetables, Being Active, Limiting Time Watching TV or Using Computers, or Constipation*

#### 3. Let them CHOOSE

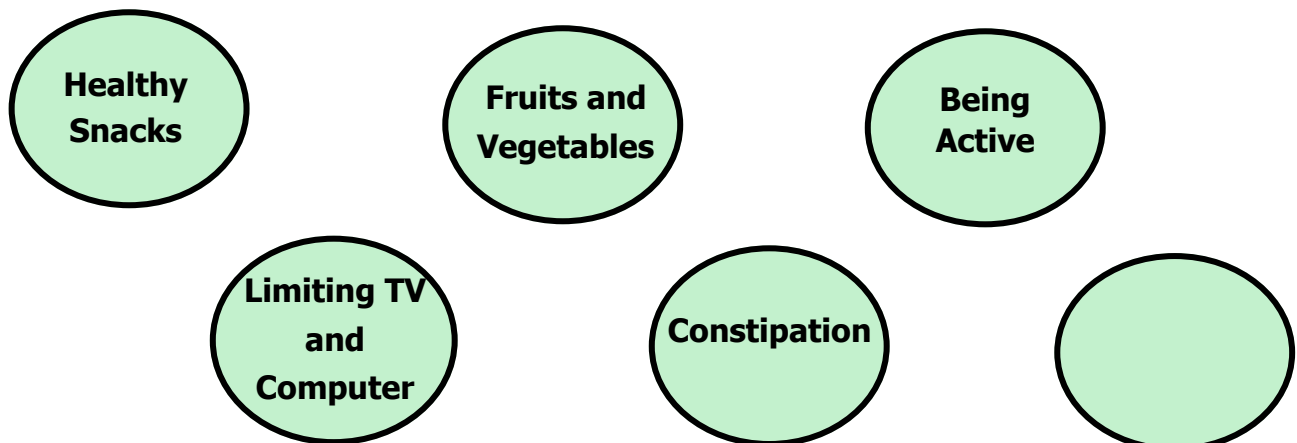
*"Which of these would you like to talk about today?  
Or is there something else you'd like to talk about?"*

#### 4. Ask "WHY"

*"So, I'm curious, why did you pick \_\_\_\_\_?"*

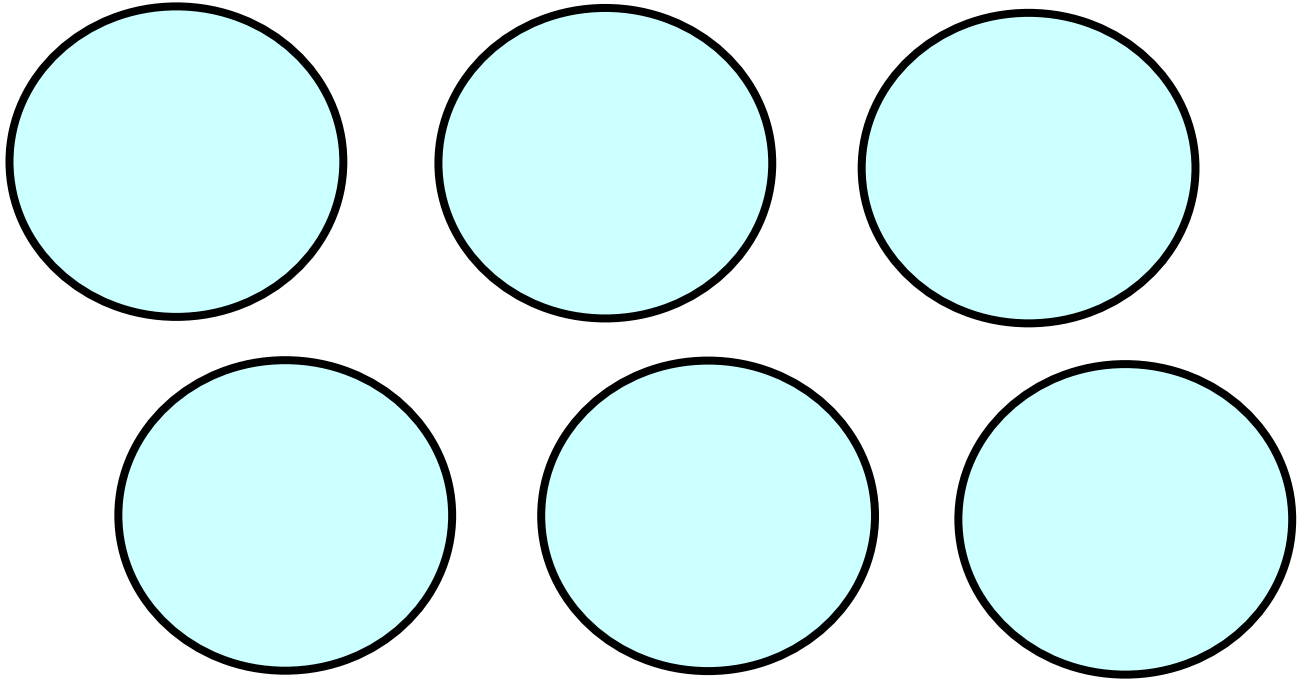
*And "What do you already know about this topic?"*

### Sample Circle Chart



## Activity 3a

*Here are some topics we might discuss.  
Which would you like to talk about today?*



**1) FILL it, 2) EXPLAIN it, 3) Let them CHOOSE,  
4) Ask “WHY?” and “WHAT do you already know?”**

### Circle Chart Tips

After you ask a participant to pick a topic, be sure to wait (at least 5-8 seconds). This lets the person think about it. **(SILENCE)**

If she still doesn't respond, try asking the question again. Example: “So, which of these do you think would be most helpful for us to talk about?”

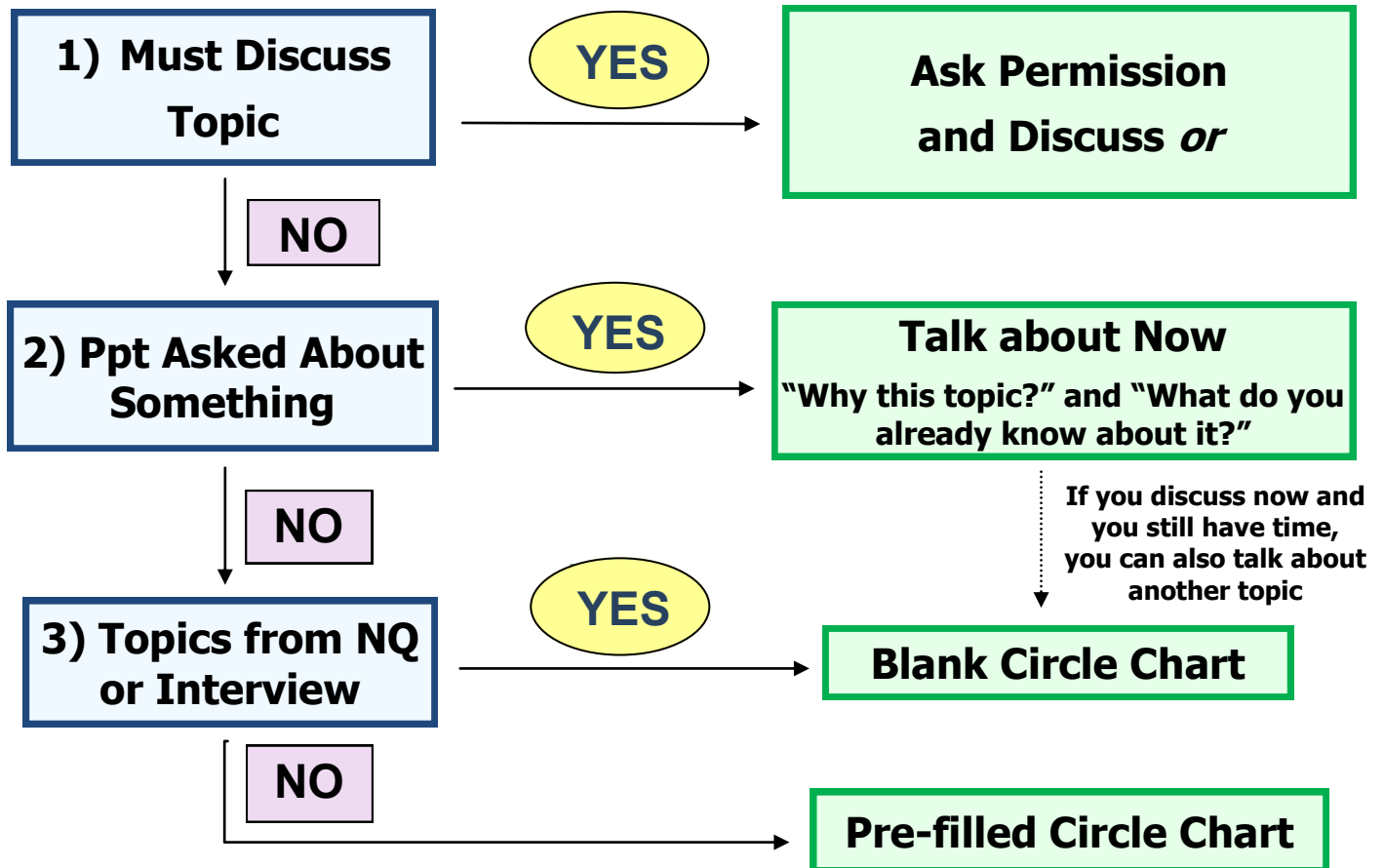
If she still doesn't pick a topic, try asking her which topic she does well. Example, “Maybe there is one of these that's going really well for you now. Do you have some ideas or suggestions about one of these that I could use for other participants?” This may also help her remember something else she'd like to talk about.

REMEMBER— you don't need to fill all the circles—you can offer just 3 or 4 topics, if that is all you can find to talk about. Limiting the number of topics may make it easier for you and the participant in a situation like this.

# Individual Education

## How to Choose a Topic Together

**Assessment Complete  
(including ISIS and NQ)**



## How to Use Circle Charts

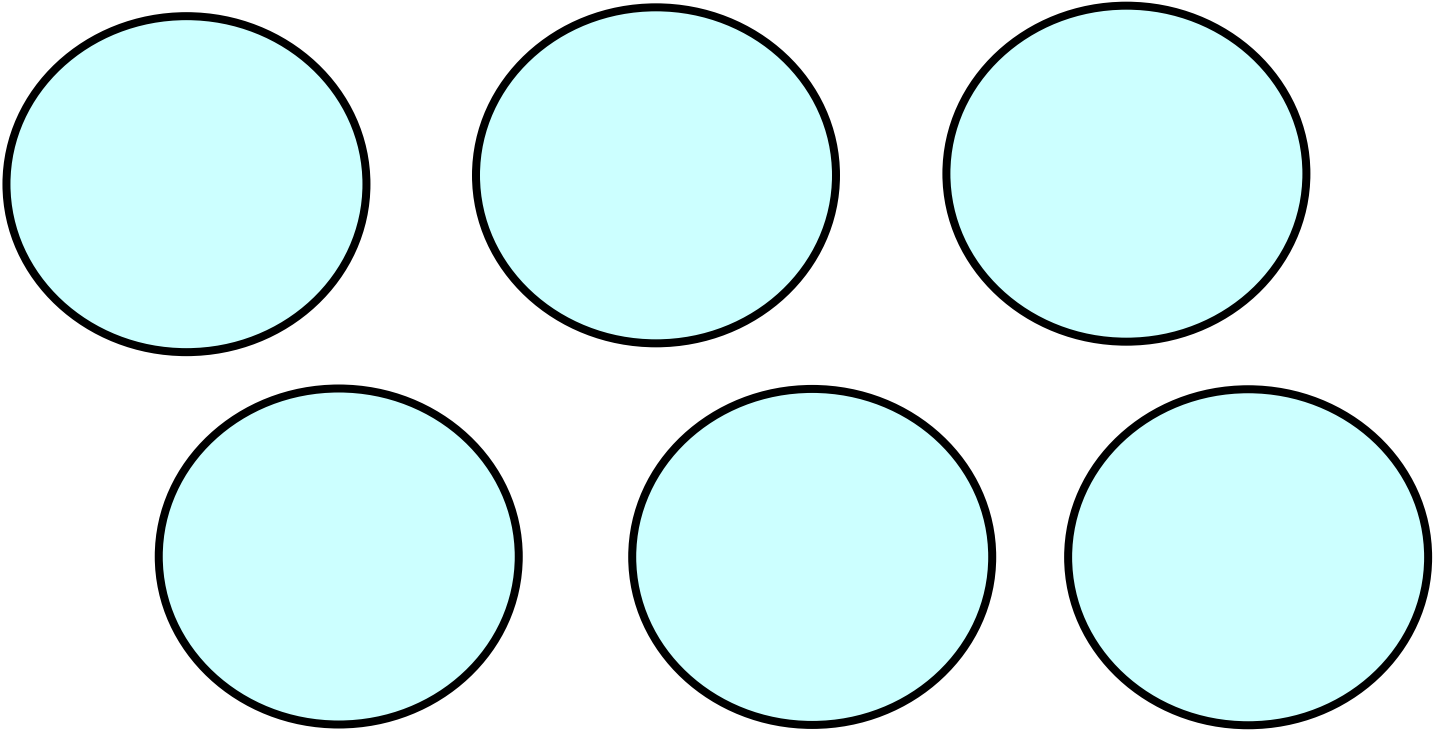
**Fill it**  
(for blank charts)

**Explain**

**Let them Choose**

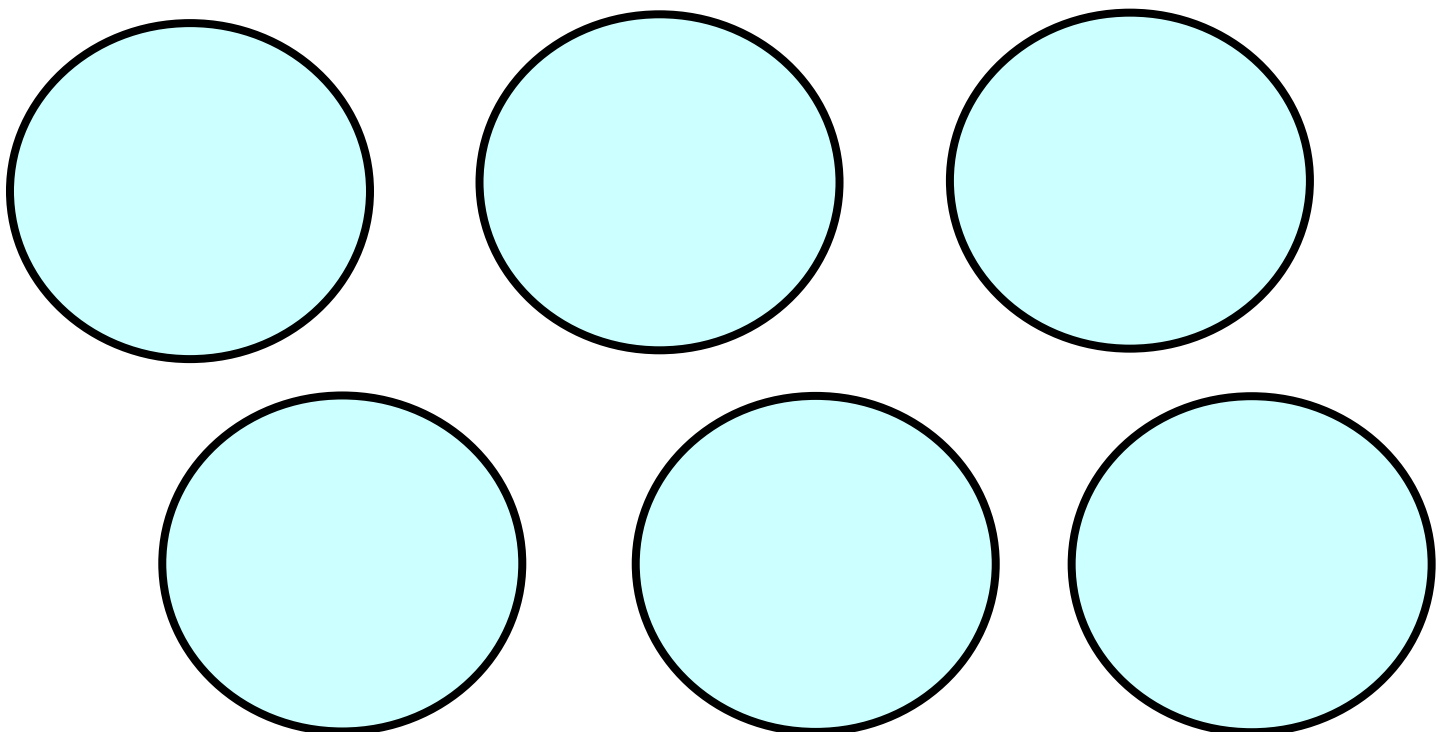
**Ask Why**

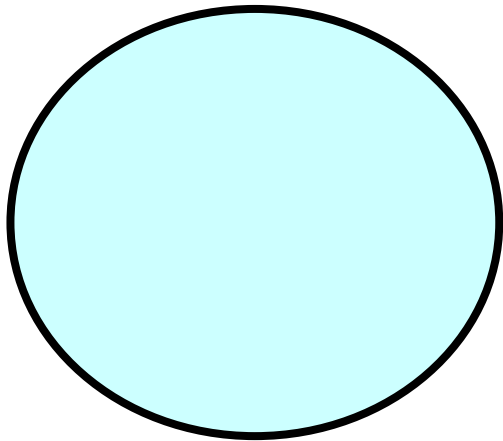
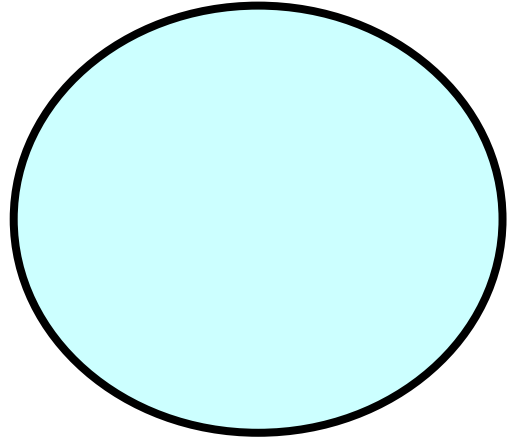
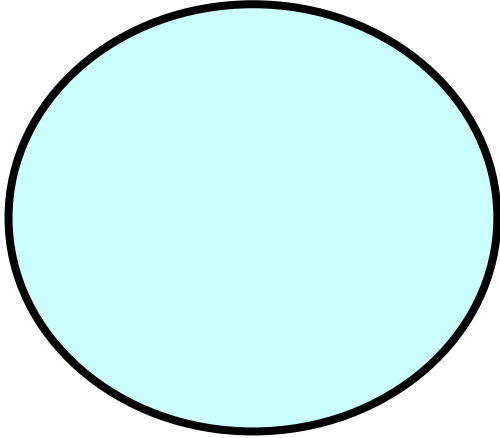
***Here are some topics we might discuss.  
Which would you like to talk about today?***



\*\*\*\*\*

***Here are some topics we might discuss.  
Which would you like to talk about today?***





***Here are some  
topics we might  
discuss.***

***Which would you  
like to talk about  
today?***

